

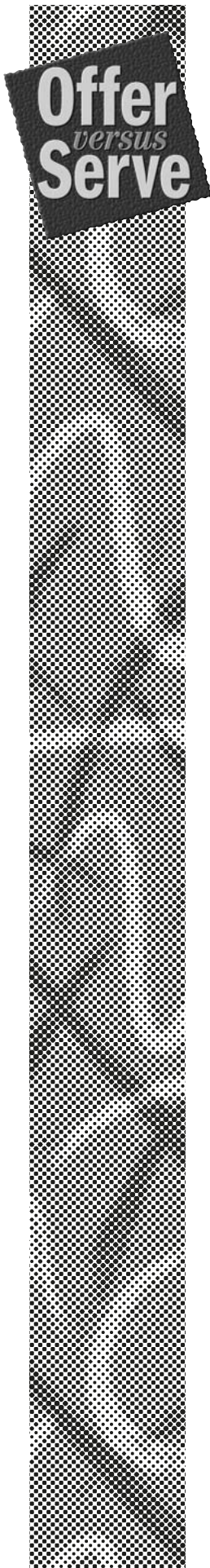
**Sample Lunch Menus—
NSMP (Grades K-6)**

FOODS OFFERED	MENU ITEMS
Vegetable Lasagna, Italian Bread OR American Sub Sandwich with Mayo, Mustard Carrot/Celery Sticks with Dip Peach Crisp Choice of Milk	
French Dip Roast Beef Sandwich, Oven Fries OR Nachos with Beans Tossed Salad with Ranch Dressing Strawberry-Banana Fruited Gelatin Choice of Milk	
Beef-Vegetable Soup with Crackers OR Fusilli Pasta with Tomato Sauce, Parmesan Salad Bar with Assorted Dressings OR Assorted Steamed Vegetables Whole-Wheat Roll Fruit Juice Bar OR Sherbet Choice of Milk	
Honey Lemon Chicken, Brown Rice Pilaf OR Cheese Pizza Seasoned Green Beans Orange Juice Whole-Wheat Sugar Cookie Choice of Milk	
Vegetable Egg Roll with Sweet & Sour Sauce OR Cajun Fish Filet with Lemon Steamed Rice Broccoli & Cauliflower Polonaise Chilled Pineapple Chunks Peanut Butter Bar Choice of Milk	

Sample Lunch Menus— NSMP (Grades 7-12)

Offer
versus
Serve

FOODS OFFERED	PORTIONS	REIMBURSABLE MEALS	NOT REIMBURSABLE
Bean and Cheese Burrito with Spanish Rice OR Turkey Club Bagel with Lettuce and Tomato Carrot & Celery Sticks with Creamy Dip Chilled Fruit Cocktail Choice of Milk	1 burrito, 1 cup rice 1 sandwich, ½ cup veg ¼ cup veg, 2 oz dip ½ cup fruit 8 oz		
Hamburger on Wheat Bun, Oven-Fries, Catsup OR Chicken Fajitas, Tortillas, Salsa French-Cut Green Beans Cherry Cobbler Choice of Milk	1 sandwich, ½ cup veg 1 fajita + 1 tortilla ½ cup 1 portion 8 oz		
Vegetable Lasagna with Italian Bread OR Roast Beef Sandwich on 7-Grain Bread, Pretzels Tossed Salad with Italian Dressing Fresh Orange Choice of Milk	1 portion, 1 slice bread 1 sandwich, 2 oz pretzels 1 cup 1 orange 8 oz		
Honey BBQ Chicken with Tater Tots & Catsup OR Baked Potato Bar (chicken, ham, cheese, broccoli, carrots, cauliflower) Whole-Wheat Roll Seasoned Green Peas Raspberry Gelatin Choice of Milk	2 pc chicken, ½ cup veg 1 portion 1 2-oz roll ½ cup ½ cup 8 oz		
Curried Chicken-Vegetable-Rice Bowl OR Beef Tacos with Lettuce, Tomato, Cheese Golden Corn Fruit Juice Bar Choice of Milk	1 C rice, 1 C meat+veg 2 each ½ cup 1 each 8 oz		



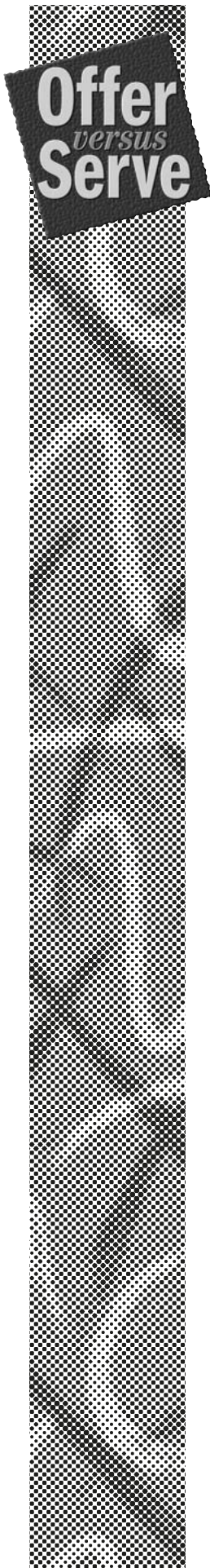
**Sample Breakfast Menus—
NSMP (Grades K-12)**

FOODS OFFERED	MENU ITEMS
Assorted Fruits and Juices Assorted Cereals Cinnamon Rolls English Muffin with Jelly Choice of Milk	
Assorted Juices OR Applesauce Assorted Cereals Cheese & Egg Quesadilla with Salsa Toast Varieties with Jelly Choice of Milk	
Assorted Fruits and Juices Assorted Cereals Pancakes with Syrup Toast Varieties with Jelly Choice of Milk	
Assorted Fruits and Juices Assorted Cereals Choice of Fruit Yogurt Assorted Mini-Bagels with Jelly Choice of Milk	
Assorted Juices OR Orange Wedges Assorted Cereals Peach Muffin Squares Toast Varieties with Jelly Choice of Milk	

Sample Breakfast Menus— NSMP (Grades 7-12)

**Offer
versus
Serve**

FOODS OFFERED	REIMBURSABLE MEALS	NOT REIMBURSABLE
Assorted Fruits and Juices Assorted Cereals Blueberry Breakfast Pizza Toast Varieties, Jelly Choice of Milk		
Assorted Fruits and Juices Assorted Cereals English Muffin with Egg, Cheese Toast Varieties, Jelly Choice of Milk		
Assorted Fruits and Juices Assorted Cereals Waffles with Syrup Toast Varieties, Jelly Choice of Milk		
Assorted Fruits and Juices Assorted Cereals Mini-Bagel Bar with Cream Cheese, Cottage Cheese, Jam/Pineapple Toast Varieties, Jelly Choice of Milk		
Assorted Fruits and Juices Assorted Cereals Oatmeal Muffin Squares Toast Varieties, Jelly Choice of Milk		



The Case of the Nearsighted “Not-My-Job” Crew

Scene: School nutrition program operating in an elementary school

Characters and sequence of events:

Menu Planner:

- Plans the menu: Hamburger on a Bun (with condiments) or Cheese Pizza, Salad with Dressing or Carrot Sticks with Dip, Choice of Fruit, Assorted Cookies, Milk Choices.
- Gives written menu to the site manager.
- Makes no attempt to clarify menu choices or point out anything unusual.

Manager:

- Completes menu production records for the week.
- Goes only by the written menu.
- Hands records to the production/service staff.
- Does not attempt to review foods to prepare and serve with staff.

Server:

- Takes food from production area.
- Arranges food on serving line.
- Does not attempt to plan for customer access, traffic flow, etc.

Students:

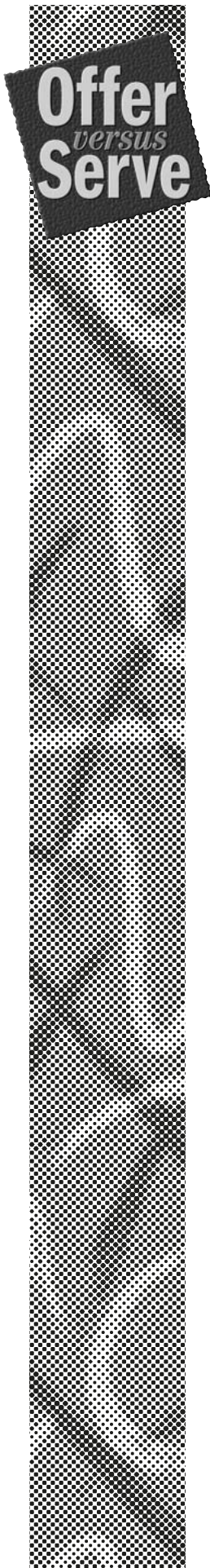
- Go through serving line.
- Aren't impressed by how food is offered.
- Get confused about what foods they can select.
- Some select fewer food items than qualify for a reimbursable meal.
- Proceed to the cashier.

Cashier:

- Watches students proceed through cashier area.
- Accepts payment in routine manner.
- Records any reimbursable meals selected by students.
- Makes no attempt to persuade students to take reimbursable meals.

Director:

- Reviews meal counts at end of each week and month.
- Is puzzled why so few reimbursable meals are being claimed.



The Case of the “Do-It-Right” Dynamos

Scene: School nutrition program operating in an elementary school

Characters and sequence of events:

Menu Planner:

- Plans the menu: Hamburger on a Bun (with condiments) or Cheese Pizza, Salad with Dressing or Carrot Sticks with Dip, Choice of Fruit, Assorted Cookies, Milk Choices.
- Gives written menu to the site manager.
- Verbally reviews the menu planned with site manager.

Manager:

- Completes menu production records for the week, using the written menu and additional information from the menu planner and prior experience.
- Reviews menu production records with the production/service staff and cashiers.
- On an ongoing basis, coordinates with director, menu planner and others to educate teachers, students and parents about menu choices under OVS.

Server:

- Arranges food on serving line with an eye for customer access, visual appeal, and traffic flow.
- When students come through the line, server encourages them to select a variety of foods that comprise a reimbursable meal in an enthusiastic, cheerful manner.

Students:

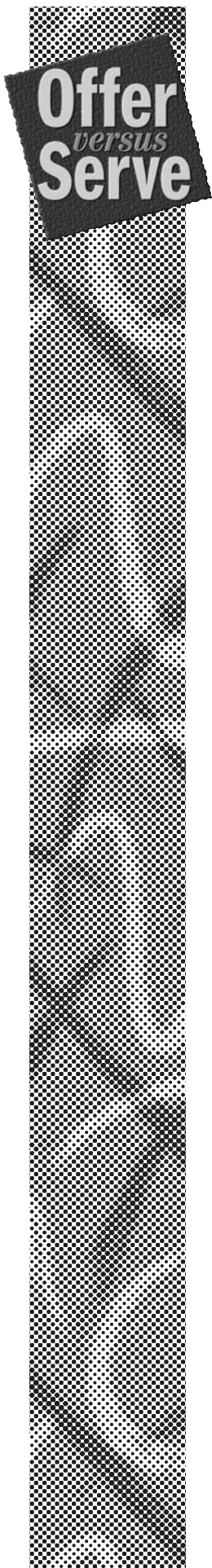
- Go through serving line.
- Respond positively to how food is offered.
- Select foods quickly.
- Most select enough menu items to qualify for a reimbursable meal.
- A few select fewer menu items than qualify for a reimbursable meal.
- Proceed to the cashier.

Cashier:

- Invites students to proceed through cashier area.
- Records any reimbursable meals selected by students.
- Enthusiastically tells students with too few food items that they may take additional items.
- Accepts payment for meals efficiently.

Director:

- Reviews meal counts at end of each week and month.
- Is pleased to see an increase in the number of reimbursable meals claimed.
- Praises staff for effective teamwork.



OVS Consultants

The following scenario or case study describes an elementary school using NSMP. The program does not currently use the OVS provisions.

Your task as a team of “OVS consultants” is to:

1. Explain the benefits of OVS to the school nutrition program manager and staff.
2. Give them examples of what students may select under OVS from the menus given.
3. Offer them strategies that streamline OVS implementation under NSMP, such as menu planning, staff communication, serving line set-up, and so forth.

Be prepared to report to the larger group about what you would do to accomplish these tasks.

Case Study:

The school nutrition program at Smith Valley Elementary School serves breakfast and lunch to about 75% of the school’s 560 students. The cafeteria manager recently held a brainstorming session with her staff to gather ideas for increasing meal program participation and revenues. In addition to some creative marketing ideas, one suggestion was to implement OVS. While they didn’t know much about it, some staff had heard from neighboring schools that OVS was working well and boosting participation.

Before they could implement OVS, the staff knew they would have to think about their current set-up first. They offer breakfast before school starts during one serving period for all students (grades K-5). Lunch is served to grades K-2 first (11:40–noon), then to grades 3-5 (12:10–12:30). Cashiers accept tickets or payment for meals that will be served as students enter the cafeteria. Foods are served from the steam table area, and each student receives every food item on the menu. This helps the meal service go smoothly. Servers hear complaints daily, but continue to remind students that they must take all foods even if they won’t eat some items. The custodian makes weekly remarks to the manager about how much food he’s noticed kids tossing out.

Typical menus, using NSMP, include:

Breakfast

Assorted Cereals	Pancake & Sausage	Breakfast Burrito
Toast with Jelly	Applesauce	Salsa
Orange Wedges	Yogurt	Fruit Cup
Choice of Milk	Choice of Milk	Choice of Milk

Lunch

Beef & Bean Tacos	Chicken Nuggets	Cheese Pizza
Mexican Cornbread	Whole-Grain Roll	Salad Bar
Carrots & Celery w/Dip	Tater Tots w/Catsup	Canned Fruit
Peach Crisp	Green Beans	Oatmeal Cookie
Choice of Milk	Choice of Milk	Choice of Milk